

SOUTH REGIONAL CHAMPIONSHIPS

Newport News, VA

Lee Hall Mansion

Host: CNU

Saturday, November 12, 2022

MEET OFFICIALS**Meet Director:**

Tyler Wingard

Meet Referee:

Bruce Wilson

Timing:

Blue Ridge Timing

**OFFICIAL MEET REPORT**

printed: 11/12/2022 1:49 PM

Race #1
Women's 6k**Final Results****TEAM SCORING SUMMARY**

| Final Standings | Score | Scoring Order | Total | Avg. | Spread |
|-----------------------|-------|-----------------------------|---------|-------|---------|
| 1 Lynchburg | 30 | 3-5-6-7-9(10)(28) | 1:57:11 | 23:27 | 1:06.7 |
| 2 Emory | 48 | 1-8-11-12-16(23)(26) | 1:58:26 | 23:42 | 1:41.9 |
| 3 Washington and Lee | 90 | 4-17-20-22-27(32)(45) | 2:00:35 | 24:07 | 1:49.2 |
| 4 Christopher Newport | 175 | 13-30-38-42-52(59)(84) | 2:05:55 | 25:11 | 1:56.7 |
| 5 Berry | 184 | 21-33-34-43-53(61)(88) | 2:06:15 | 25:15 | 1:46.3 |
| 6 Catholic | 206 | 29-35-44-48-50(57)(66) | 2:07:42 | 25:33 | 1:10.9 |
| 7 Rhodes | 239 | 19-40-46-49-85(136) | 2:09:13 | 25:51 | 3:24.4 |
| 8 Southern Virginia | 276 | 31-36-55-71-83(86)(103) | 2:10:55 | 26:11 | 2:42.0 |
| 9 Piedmont | 279 | 15-37-54-68-105 | 2:10:53 | 26:11 | 4:26.5 |
| 10 U. of the South | 300 | 41-56-64-65-74(80)(102) | 2:12:02 | 26:25 | 1:29.1 |
| 11 Bridgewater (Va.) | 330 | 14-25-75-104-112(130)(140) | 2:13:32 | 26:43 | 4:59.1 |
| 12 Meredith | 337 | 39-51-77-81-89 | 2:14:07 | 26:50 | 2:24.5 |
| 13 Shenandoah | 357 | 18-60-90-94-95(107)(120) | 2:14:15 | 26:51 | 3:39.8 |
| 14 Oglethorpe | 393 | 70-73-78-79-93(117)(137) | 2:16:36 | 27:20 | 1:01.3 |
| 15 Mary Washington | 463 | 58-97-98-101-109(125)(126) | 2:19:08 | 27:50 | 2:38.8 |
| 16 Covenant | 484 | 62-69-116-118-119(124)(147) | 2:21:57 | 28:24 | 3:07.0 |
| 17 Virginia Wesleyan | 508 | 76-100-108-110-114(121) | 2:22:36 | 28:32 | 2:03.0 |
| 18 Pfeiffer | 556 | 2-92-141-156-165 | 2:37:56 | 31:36 | 18:01.2 |
| 19 Maryville (Tenn.) | 560 | 63-96-111-142-148 | 2:28:15 | 29:39 | 5:54.3 |
| 20 Brevard | 561 | 47-67-127-157-163 | 2:36:22 | 31:17 | 13:12.3 |
| 21 Marymount (Va.) | 565 | 72-82-115-146-150(152) | 2:28:57 | 29:48 | 5:42.8 |
| 22 Hollins | 593 | 87-106-129-133-138 | 2:29:27 | 29:54 | 3:52.0 |
| 23 Methodist | 625 | 24-123-155-161-162(164) | 2:44:58 | 33:00 | 14:02.0 |
| 24 Roanoke | 643 | 99-128-131-132-153 | 2:33:10 | 30:38 | 5:24.4 |
| 25 Agnes Scott | 663 | 91-135-143-145-149(160) | 2:36:36 | 31:20 | 4:46.6 |
| 26 Mary Baldwin | 703 | 113-134-144-154-158 | 2:41:07 | 32:14 | 5:27.8 |
| 27 Sweet Briar | 737 | 122-139-151-159-166(167) | 2:53:33 | 34:43 | 14:15.4 |

INDIVIDUAL RESULTS

| Athlete | YR | # | Team | Score | Time | Avg. Mile | Avg. KM |
|------------------------------|----|-----|-------------------|-------|---------|-----------|---------|
| 1 URBAN, Annika All-Region | JR | 148 | Emory | 1 | 22:29.3 | 6:01.7 | 3:44.9 |
| 2 LOWERY, Madison All-Regio | JR | 295 | Pfeiffer | 2 | 22:49.8 | 6:07.2 | 3:48.3 |
| 3 JAMES, Sarah All-Region | SO | 188 | Lynchburg | 3 | 22:50.8 | 6:07.5 | 3:48.5 |
| 4 TODD, Carolyn All-Region | SR | 445 | Washington and Le | 4 | 22:56.3 | 6:09.0 | 3:49.4 |
| 5 DELL, Allison All-Region | SO | 187 | Lynchburg | 5 | 23:14.0 | 6:13.7 | 3:52.3 |
| 6 LAGUNAS, Kelsey All-Regio | JR | 190 | Lynchburg | 6 | 23:25.5 | 6:16.8 | 3:54.3 |
| 7 SILVA, Molly All-Region | SO | 193 | Lynchburg | 7 | 23:42.3 | 6:21.3 | 3:57.1 |
| 8 HU, Claire All-Region | JR | 142 | Emory | 8 | 23:44.2 | 6:21.8 | 3:57.4 |
| 9 MASSEY, Lauren All-Region | SO | 191 | Lynchburg | 9 | 23:57.5 | 6:25.4 | 3:59.6 |
| 10 WILSON, Jackie All-Region | SR | 195 | Lynchburg | (10) | 23:57.7 | 6:25.4 | 3:59.6 |

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**Race #1
Women's 6k****Final Results****INDIVIDUAL RESULTS (cont'd)**

| Athlete | YR | # | Team | Score | Time | Avg. Mile | Avg. kM |
|-------------------------------|-----------|----------|--------------------|--------------|-------------|------------------|----------------|
| 11 DALY, Jenna All-Region | SO | 139 | Emory | 11 | 23:58.9 | 6:25.8 | 3:59.8 |
| 12 MCCAULEY, Luna All-Regio | FR | 144 | Emory | 12 | 24:01.8 | 6:26.5 | 4:00.3 |
| 13 RAWLINGS, Maddy All-Regi | SO | 97 | Christopher Newpor | 13 | 24:05.4 | 6:27.5 | 4:00.9 |
| 14 SMEDS, Emily All-Region | SO | 61 | Bridgewater (Va.) | 14 | 24:07.9 | 6:28.2 | 4:01.3 |
| 15 PONCE, Jaycie All-Region | SR | 313 | Piedmont | 15 | 24:08.0 | 6:28.2 | 4:01.3 |
| 16 TAYLOR, Lily All-Region | JR | 147 | Emory | 16 | 24:11.2 | 6:29.1 | 4:01.9 |
| 17 CLODGO, Kristen All-Region | SO | 438 | Washington and Le | 17 | 24:13.8 | 6:29.8 | 4:02.3 |
| 18 ATKINSON, Erin All-Region | SR | 355 | Shenandoah | 18 | 24:14.7 | 6:30.0 | 4:02.5 |
| 19 FREYALDENHOVEN, Kate A | SR | 334 | Rhodes | 19 | 24:15.6 | 6:30.2 | 4:02.6 |
| 20 BRESCHI, Sophia All-Region | FR | 437 | Washington and Le | 20 | 24:15.7 | 6:30.3 | 4:02.6 |
| 21 ANDERSON, Asena All-Regi | JR | 18 | Berry | 21 | 24:17.4 | 6:30.7 | 4:02.9 |
| 22 MOLINARO, Elise All-Region | JR | 444 | Washington and Le | 22 | 24:22.8 | 6:32.2 | 4:03.8 |
| 23 KUMMINGS, Helena All-Regi | SO | 143 | Emory | (23) | 24:26.4 | 6:33.1 | 4:04.4 |
| 24 DRUMM, Courtney All-Regio | JR | 270 | Methodist | 24 | 24:27.5 | 6:33.4 | 4:04.6 |
| 25 YOUNG, Mackenzie All-Regi | JR | 65 | Bridgewater (Va.) | 25 | 24:33.0 | 6:34.9 | 4:05.5 |
| 26 SCHERRER, Liesl All-Region | SO | 146 | Emory | (26) | 24:37.1 | 6:36.0 | 4:06.2 |
| 27 HAMLET, Claire All-Region | SO | 440 | Washington and Le | 27 | 24:45.5 | 6:38.3 | 4:07.6 |
| 28 SMITH, Hailey All-Region | FR | 194 | Lynchburg | (28) | 24:46.9 | 6:38.6 | 4:07.8 |
| 29 ZELCH, Zoe All-Region | SR | 81 | Catholic | 29 | 24:48.5 | 6:39.1 | 4:08.1 |
| 30 DANA, Eliza All-Region | SO | 90 | Christopher Newpor | 30 | 24:50.4 | 6:39.6 | 4:08.4 |
| 31 WILLIE, Sasha All-Region | SO | 383 | Southern Virginia | 31 | 24:55.8 | 6:41.0 | 4:09.3 |
| 32 MITCHELL, Emma All-Regio | SO | 443 | Washington and Le | (32) | 24:56.1 | 6:41.1 | 4:09.4 |
| 33 LAMBERT, Emma All-Regio | SO | 22 | Berry | 33 | 25:04.4 | 6:43.3 | 4:10.7 |
| 34 ROSE, Anna All-Region | SO | 24 | Berry | 34 | 25:09.5 | 6:44.7 | 4:11.6 |
| 35 ABOOD, Sadie All-Region | JR | 74 | Catholic | 35 | 25:13.4 | 6:45.7 | 4:12.2 |
| 36 CHANDLER, Kyandra | SR | 375 | Southern Virginia | 36 | 25:15.6 | 6:46.3 | 4:12.6 |
| 37 SEEBER, Skyler | FR | 314 | Piedmont | 37 | 25:19.1 | 6:47.3 | 4:13.2 |
| 38 SAVOIE, Mae | JR | 98 | Christopher Newpor | 38 | 25:20.3 | 6:47.6 | 4:13.4 |
| 39 O'TOOLE, Carly | FR | 253 | Meredith | 39 | 25:24.4 | 6:48.7 | 4:14.1 |
| 40 UNZICKER, Lucy | JR | 128 | Eastern Mennonite | - | 25:26.7 | 6:49.3 | 4:14.5 |
| 41 LITTLETON, Anna | SR | 337 | Rhodes | 40 | 25:31.0 | 6:50.5 | 4:15.2 |
| 42 MARTIN, Angelle | JR | 275 | Millsaps | - | 25:33.1 | 6:51.0 | 4:15.5 |
| 43 SCHMITT, Janie | SR | 406 | U. of the South | 41 | 25:34.3 | 6:51.3 | 4:15.7 |
| 44 MCGRAIL, Lex | SO | 94 | Christopher Newpor | 42 | 25:36.0 | 6:51.8 | 4:16.0 |
| 45 MOORE, Norine | JR | 23 | Berry | 43 | 25:39.7 | 6:52.8 | 4:16.6 |
| 46 INGLIS, Kate | SO | 76 | Catholic | 44 | 25:44.9 | 6:54.2 | 4:17.5 |
| 47 HAWK, Parker | SR | 441 | Washington and Le | (45) | 25:47.3 | 6:54.8 | 4:17.9 |
| 48 KALB, Vivian | FR | 336 | Rhodes | 46 | 25:48.9 | 6:55.3 | 4:18.2 |
| 49 CAPPS, Zoe | SO | 39 | Brevard | 47 | 25:51.6 | 6:56.0 | 4:18.6 |
| 50 MOEHRINGER, Emily | SO | 77 | Catholic | 48 | 25:55.3 | 6:57.0 | 4:19.2 |
| 51 MILLER, Hannah Jane | SO | 339 | Rhodes | 49 | 25:56.9 | 6:57.4 | 4:19.5 |
| 52 GASPERS, Apolline | SO | 75 | Catholic | 50 | 25:59.4 | 6:58.1 | 4:19.9 |
| 53 GALLEGOS, Andrea | JR | 250 | Meredith | 51 | 26:00.1 | 6:58.3 | 4:20.0 |
| 54 HURLEY, Kenzie | SO | 92 | Christopher Newpor | 52 | 26:02.1 | 6:58.8 | 4:20.3 |
| 55 GRAY, Hastings | JR | 21 | Berry | 53 | 26:03.7 | 6:59.2 | 4:20.6 |
| 56 LAWRENCE, LeeAnn | SR | 311 | Piedmont | 54 | 26:03.9 | 6:59.3 | 4:20.7 |

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**Race #1
Women's 6k****Final Results****INDIVIDUAL RESULTS (cont'd)**

| Athlete | YR | # | Team | Score | Time | Avg. Mile | Avg. kM |
|--------------------------|-----------|----------|--------------------|--------------|-------------|------------------|----------------|
| 57 MAST, Halie | SO | 127 | Eastern Mennonite | - | 26:07.9 | 7:00.3 | 4:21.3 |
| 58 WARNER, Katelyn | FR | 382 | Southern Virginia | 55 | 26:09.3 | 7:00.7 | 4:21.6 |
| 59 NEWTON, Merrit | SR | 405 | U. of the South | 56 | 26:10.4 | 7:01.0 | 4:21.7 |
| 60 NUSSEY, Georgia | SO | 78 | Catholic | (57) | 26:12.7 | 7:01.6 | 4:22.1 |
| 61 PIPPIN, Grace | JR | 220 | Mary Washington | 58 | 26:14.6 | 7:02.1 | 4:22.4 |
| 62 SMITH, Megan | FR | 99 | Christopher Newpor | (59) | 26:19.9 | 7:03.6 | 4:23.3 |
| 63 LOTTS, Madeline | SO | 359 | Shenandoah | 60 | 26:21.3 | 7:03.9 | 4:23.6 |
| 64 ASEFA, Elili | FR | 125 | Eastern Mennonite | - | 26:27.0 | 7:05.5 | 4:24.5 |
| 65 AYERS, Anna | FR | 19 | Berry | (61) | 26:28.4 | 7:05.8 | 4:24.7 |
| 66 GARTMAN, Jocelyn | SO | 110 | Covenant | 62 | 26:31.0 | 7:06.5 | 4:25.2 |
| 67 JUDA, Izzy | FR | 244 | Maryville (Tenn.) | 63 | 26:34.4 | 7:07.5 | 4:25.7 |
| 68 EARLEY, Clara | FR | 402 | U. of the South | 64 | 26:35.8 | 7:07.8 | 4:26.0 |
| 69 HAWORTH, Allison | FR | 403 | U. of the South | 65 | 26:38.1 | 7:08.4 | 4:26.3 |
| 70 OHRTMAN, Danielle | SR | 79 | Catholic | (66) | 26:39.0 | 7:08.7 | 4:26.5 |
| 71 DIAZ, Sandra | SO | 41 | Brevard | 67 | 26:43.9 | 7:10.0 | 4:27.3 |
| 72 GIBSON, Anna | FR | 310 | Piedmont | 68 | 26:47.5 | 7:11.0 | 4:27.9 |
| 73 DORMAN, Lydia | JR | 109 | Covenant | 69 | 26:50.8 | 7:11.8 | 4:28.5 |
| 74 RHODES, Hannah | FR | 290 | Oglethorpe | 70 | 26:52.0 | 7:12.2 | 4:28.7 |
| 75 DALEBOUT, Lilly | SO | 377 | Southern Virginia | 71 | 26:56.1 | 7:13.3 | 4:29.3 |
| 76 FINNEGAN, Avery | FR | 230 | Marymount (Va.) | 72 | 26:56.5 | 7:13.4 | 4:29.4 |
| 77 BAKER, Elliott | FR | 285 | Oglethorpe | 73 | 26:57.3 | 7:13.6 | 4:29.6 |
| 78 HENDRICKSON, Emma Gra | SO | 404 | U. of the South | 74 | 27:03.4 | 7:15.2 | 4:30.6 |
| 79 STRICKLAND, Sarah | SO | 276 | Millsaps | - | 27:13.1 | 7:17.8 | 4:32.2 |
| 80 EARLE, Sarah | SO | 57 | Bridgewater (Va.) | 75 | 27:16.5 | 7:18.7 | 4:32.8 |
| 81 HANSFORD, Marranda | SR | 421 | Virginia Wesleyan | 76 | 27:17.7 | 7:19.1 | 4:33.0 |
| 82 MERNA, Madelyn | FR | 252 | Meredith | 77 | 27:20.7 | 7:19.9 | 4:33.5 |
| 83 HOWARD, Clare | JR | 274 | Millsaps | - | 27:22.2 | 7:20.3 | 4:33.7 |
| 84 MICHAUD, Riley | SO | 289 | Oglethorpe | 78 | 27:26.2 | 7:21.3 | 4:34.4 |
| 85 STEIN, Robin | SR | 291 | Oglethorpe | 79 | 27:27.0 | 7:21.6 | 4:34.5 |
| 86 UDE, Samantha | FR | 408 | U. of the South | (80) | 27:31.2 | 7:22.7 | 4:35.2 |
| 87 JOSEPH, Amethyst | FR | 251 | Meredith | 81 | 27:32.5 | 7:23.0 | 4:35.4 |
| 88 QUTUB, Ziyen | FR | 235 | Marymount (Va.) | 82 | 27:34.5 | 7:23.6 | 4:35.8 |
| 89 MORGAN, Liz | SO | 379 | Southern Virginia | 83 | 27:37.8 | 7:24.5 | 4:36.3 |
| 90 GARSTER, Claire | SR | 91 | Christopher Newpor | (84) | 27:38.9 | 7:24.7 | 4:36.5 |
| 91 MACLEAN, Abigail | FR | 338 | Rhodes | 85 | 27:40.0 | 7:25.0 | 4:36.7 |
| 92 BRADSHAW, Kamryn | SO | 374 | Southern Virginia | (86) | 27:41.1 | 7:25.3 | 4:36.8 |
| 93 GUILLET, Sylvia | FR | 174 | Hollins | 87 | 27:41.4 | 7:25.4 | 4:36.9 |
| 94 SCHMIDT, Erin | SO | 25 | Berry | (88) | 27:48.2 | 7:27.2 | 4:38.0 |
| 95 SAUDO, Isabella | JR | 254 | Meredith | 89 | 27:48.9 | 7:27.4 | 4:38.2 |
| 96 PLOWMAN, Mackenzie | SO | 362 | Shenandoah | 90 | 27:50.8 | 7:27.9 | 4:38.5 |
| 97 DISHAW, Tess | SO | 4 | Agnes Scott | 91 | 27:51.7 | 7:28.2 | 4:38.6 |
| 98 WELBORN, Micah | SR | 299 | Pfeiffer | 92 | 27:52.9 | 7:28.5 | 4:38.8 |
| 99 MALANCEA, Elina | JR | 288 | Oglethorpe | 93 | 27:53.3 | 7:28.6 | 4:38.9 |
| 100 CHRISTY, Sarah | SO | 356 | Shenandoah | 94 | 27:53.7 | 7:28.7 | 4:39.0 |
| 101 CLARKSON, Allie | FR | 357 | Shenandoah | 95 | 27:54.5 | 7:28.9 | 4:39.1 |
| 102 WOOTEN, Maleah | SR | 248 | Maryville (Tenn.) | 96 | 27:54.7 | 7:29.0 | 4:39.1 |

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**Race #1
Women's 6k****Final Results****INDIVIDUAL RESULTS (cont'd)**

| Athlete | YR | # | Team | Score | Time | Avg. Mile | Avg. kM |
|---------------------------|-----------|----------|-------------------|--------------|-------------|------------------|----------------|
| 103 GUZMAN, Teresa | SR | 216 | Mary Washington | 97 | 27:55.5 | 7:29.2 | 4:39.3 |
| 104 OBERLIES, Jessica | SO | 219 | Mary Washington | 98 | 27:58.0 | 7:29.9 | 4:39.7 |
| 105 BROWN, Lauren | SR | 349 | Roanoke | 99 | 27:58.5 | 7:30.0 | 4:39.8 |
| 106 ATEN, Cecelia | JR | 418 | Virginia Wesleyan | 100 | 28:03.1 | 7:31.2 | 4:40.5 |
| 107 SNOW, Julia | SO | 221 | Mary Washington | 101 | 28:06.0 | 7:32.0 | 4:41.0 |
| 108 TANKARD, Jean | SR | 407 | U. of the South | (102) | 28:13.0 | 7:33.9 | 4:42.2 |
| 109 TRESNER, Suzanna | FR | 381 | Southern Virginia | (103) | 28:21.5 | 7:36.2 | 4:43.6 |
| 110 ROBINSON, Regan | FR | 60 | Bridgewater (Va.) | 104 | 28:27.1 | 7:37.7 | 4:44.5 |
| 111 VINCENT, Imani | SR | 315 | Piedmont | 105 | 28:34.5 | 7:39.7 | 4:45.8 |
| 112 BROUSSEAU, Madison | FR | 170 | Hollins | 106 | 28:35.3 | 7:39.9 | 4:45.9 |
| 113 NICELY, Emma | SO | 360 | Shenandoah | (107) | 28:37.1 | 7:40.3 | 4:46.2 |
| 114 WESTERMAN, Megan | SR | 323 | Randolph | - | 28:49.3 | 7:43.6 | 4:48.2 |
| 115 COLLINS, Anna | FR | 419 | Virginia Wesleyan | 108 | 28:52.6 | 7:44.5 | 4:48.8 |
| 116 MORRISSEY, Amanda | JR | 218 | Mary Washington | 109 | 28:53.4 | 7:44.7 | 4:48.9 |
| 117 PETSKO, Emily | SR | 422 | Virginia Wesleyan | 110 | 29:01.9 | 7:47.0 | 4:50.3 |
| 118 MATTISON, Hannah | SR | 246 | Maryville (Tenn.) | 111 | 29:04.5 | 7:47.7 | 4:50.8 |
| 119 WOODARD, Kinley | SO | 64 | Bridgewater (Va.) | 112 | 29:07.0 | 7:48.4 | 4:51.2 |
| 120 EPPERSON, Alyssa | SO | 203 | Mary Baldwin | 113 | 29:11.5 | 7:49.6 | 4:51.9 |
| 121 GBUREK, Sophie | FR | 420 | Virginia Wesleyan | 114 | 29:20.7 | 7:52.0 | 4:53.5 |
| 122 GRANT, Ariana | FR | 231 | Marymount (Va.) | 115 | 29:21.1 | 7:52.1 | 4:53.5 |
| 123 MCDONALD, Brooke | SR | 113 | Covenant | 116 | 29:22.0 | 7:52.4 | 4:53.7 |
| 124 LESTER, Jamie | JR | 287 | Oglethorpe | (117) | 29:25.0 | 7:53.2 | 4:54.2 |
| 125 VANN, Adriana | FR | 116 | Covenant | 118 | 29:34.6 | 7:55.8 | 4:55.8 |
| 126 MCGINLEY, Maggie | FR | 114 | Covenant | 119 | 29:38.0 | 7:56.7 | 4:56.3 |
| 127 HELMAN, Cora | FR | 358 | Shenandoah | (120) | 29:39.8 | 7:57.2 | 4:56.6 |
| 128 WILSON, Jessica | SO | 425 | Virginia Wesleyan | (121) | 29:44.0 | 7:58.3 | 4:57.3 |
| 129 WIGGINS, Angelyn | SO | 393 | Sweet Briar | 122 | 29:45.8 | 7:58.8 | 4:57.6 |
| 130 POMPEY, Madison | SO | 271 | Methodist | 123 | 29:48.3 | 7:59.4 | 4:58.1 |
| 131 MOORE, Lydia | SO | 115 | Covenant | (124) | 29:50.8 | 8:00.1 | 4:58.5 |
| 132 CEA-LAVIN, Enya | FR | 215 | Mary Washington | (125) | 29:51.8 | 8:00.4 | 4:58.6 |
| 133 WHITE, Kendra | FR | 222 | Mary Washington | (126) | 30:01.8 | 8:03.1 | 5:00.3 |
| 134 MILLER, Haylea Layne | SO | 44 | Brevard | 127 | 30:05.8 | 8:04.1 | 5:01.0 |
| 135 KOCHANSKI, Sarah | FR | 352 | Roanoke | 128 | 30:07.3 | 8:04.5 | 5:01.2 |
| 136 PINEIRO, Genesis | SR | 158 | Ferrum | - | 30:13.9 | 8:06.3 | 5:02.3 |
| 137 SILBERHORN, Virginia | FR | 176 | Hollins | 129 | 30:19.7 | 8:07.9 | 5:03.3 |
| 138 WIMMER, Megan | SO | 63 | Bridgewater (Va.) | (130) | 30:26.0 | 8:09.5 | 5:04.3 |
| 139 REID, Savannah | SO | 353 | Roanoke | 131 | 30:48.6 | 8:15.6 | 5:08.1 |
| 140 RHYNE, Madeleine | FR | 354 | Roanoke | 132 | 30:52.1 | 8:16.5 | 5:08.7 |
| 141 STUHLMILLER, Samantha | SO | 177 | Hollins | 133 | 31:17.0 | 8:23.2 | 5:12.8 |
| 142 PARKER, Brianna | JR | 205 | Mary Baldwin | 134 | 31:21.0 | 8:24.3 | 5:13.5 |
| 143 WALSH, Mari | SO | 6 | Agnes Scott | 135 | 31:25.2 | 8:25.4 | 5:14.2 |
| 144 HENAGER, Emma | FR | 335 | Rhodes | (136) | 31:25.4 | 8:25.5 | 5:14.2 |
| 145 CASTLE, Brea | JR | 286 | Oglethorpe | (137) | 31:32.6 | 8:27.4 | 5:15.4 |
| 146 FORREST, Dawn | FR | 173 | Hollins | 138 | 31:33.4 | 8:27.6 | 5:15.6 |
| 147 TERWILLIGER, Lily | JR | 392 | Sweet Briar | 139 | 31:39.6 | 8:29.3 | 5:16.6 |
| 148 HOWELL, Grace | JR | 58 | Bridgewater (Va.) | (140) | 31:48.2 | 8:31.6 | 5:18.0 |

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| Athlete | YR | # | Team | Score | Time | Avg. Mile | Avg. kM |
|---------------------------|-----------|----------|-------------------|--------------|-------------|------------------|----------------|
| 149 VOSS, Kaitlyn | SO | 298 | Pfeiffer | 141 | 31:56.5 | 8:33.8 | 5:19.4 |
| 150 LAMAR, Anastasia | FR | 245 | Maryville (Tenn.) | 142 | 32:12.1 | 8:38.0 | 5:22.0 |
| 151 BARBER, Ryan | FR | 2 | Agnes Scott | 143 | 32:17.7 | 8:39.5 | 5:23.0 |
| 152 MAZINGO, Cloey | SO | 204 | Mary Baldwin | 144 | 32:19.1 | 8:39.9 | 5:23.2 |
| 153 ABID, Sukainah | SR | 1 | Agnes Scott | 145 | 32:22.8 | 8:40.9 | 5:23.8 |
| 154 WEIRSKY, Gabrielle | FR | 236 | Marymount (Va.) | 146 | 32:25.4 | 8:41.6 | 5:24.2 |
| 155 HINA, Kali | SO | 111 | Covenant | (147) | 32:27.2 | 8:42.0 | 5:24.5 |
| 156 WALKER, Madeline | JR | 247 | Maryville (Tenn.) | 148 | 32:28.7 | 8:42.4 | 5:24.8 |
| 157 BARRETT, Sofia | FR | 3 | Agnes Scott | 149 | 32:38.3 | 8:45.0 | 5:26.4 |
| 158 PARE, Madeleine | FR | 233 | Marymount (Va.) | 150 | 32:39.3 | 8:45.3 | 5:26.6 |
| 159 ANDERSON, Savannah | SO | 384 | Sweet Briar | 151 | 32:56.5 | 8:49.9 | 5:29.4 |
| 160 PEREZ, Viviana | JR | 234 | Marymount (Va.) | (152) | 33:05.9 | 8:52.4 | 5:31.0 |
| 161 BROWN, Sara | FR | 350 | Roanoke | 153 | 33:22.9 | 8:57.0 | 5:33.8 |
| 162 DILLAWAY, Johannah | SO | 202 | Mary Baldwin | 154 | 33:35.2 | 9:00.3 | 5:35.9 |
| 163 CANNADY, Madissen | FR | 269 | Methodist | 155 | 34:06.4 | 9:08.6 | 5:41.1 |
| 164 SKEEN, Angel | SO | 297 | Pfeiffer | 156 | 34:25.2 | 9:13.7 | 5:44.2 |
| 165 KNEUBUHLER, Paige | FR | 43 | Brevard | 157 | 34:36.6 | 9:16.7 | 5:46.1 |
| 166 BUNTING, Anastasia | FR | 201 | Mary Baldwin | 158 | 34:39.3 | 9:17.5 | 5:46.6 |
| 167 SPARACIO, Ashley | JR | 391 | Sweet Briar | 159 | 35:09.6 | 9:25.6 | 5:51.6 |
| 168 QAZI, Insherah | FR | 5 | Agnes Scott | (160) | 36:56.8 | 9:54.3 | 6:09.5 |
| 169 ALEXANDER, Tiyenandi | FR | 267 | Methodist | 161 | 38:06.3 | 10:12.9 | 6:21.1 |
| 170 BLAKENEY, Adriana | FR | 268 | Methodist | 162 | 38:29.5 | 10:19.2 | 6:24.9 |
| 171 HERSH, Hannah | FR | 42 | Brevard | 163 | 39:03.9 | 10:28.4 | 6:30.7 |
| 172 MONTGOMERY, Elizabeth | JR | 157 | Ferrum | - | 39:36.8 | 10:37.2 | 6:36.1 |
| 173 SINGH, Rishika | FR | 272 | Methodist | (164) | 40:19.9 | 10:48.8 | 6:43.3 |
| 174 SHERRILL, Jesse | FR | 296 | Pfeiffer | 165 | 40:51.0 | 10:57.1 | 6:48.5 |
| 175 NELSON, Erin | JR | 388 | Sweet Briar | 166 | 44:01.2 | 11:48.1 | 7:20.2 |
| 176 HALL-MATSON, Grace | FR | 386 | Sweet Briar | (167) | 45:03.6 | 12:04.8 | 7:30.6 |
| -- WEAVER, Corrine | SR | 256 | Meredith | - | DNF | --- | --- |
| -- HOLIZ, Arriona | SO | 156 | Ferrum | - | DNF | --- | --- |
| -- TONON, Julie | SR | 255 | Meredith | - | DNF | --- | --- |
| -- VASQUEZ, Escarlen | SR | 160 | Ferrum | - | DNF | --- | --- |
| -- PELOSO, Danielle | JR | 389 | Sweet Briar | - | DNF | --- | --- |
| -- SMELTZER, Elizabeth | FR | 423 | Virginia Wesleyan | - | DNF | --- | --- |